



Sports Medicine II Pacing Guide

Course Description: A survey course designed to explore the field of sports medicine and the profession of athletic training.

EOC VOCATS

AP/IB Teacher-made final exam

Day	Date	SCS Objectives	Essential Questions	Content	TaskTaps/Strategies
1					
2					
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5					
6			What is the muscular, skeletal, and ligamentous anatomy of the lower extremity?	Foot	Taping: Ankle, Turf Toe, Arch, Achilles, Patella Tendon, Hip Spica
7					
8		Unit 1 Lower Extremity	How can we recognize various structural deformities and deviations of the lower extremity that may predispose an athlete to injury?	Ankle/Lower Leg	Lower Extremity Joint 3D Models
9		2.01			
10		2.03			
11		3.01			
12		3.02			
13		3.07			
14		3.08			
15		4.03	How can we recognize, assess, and evaluate common acute and chronic injuries to the lower extremity?	Knee & Related Structures	Injury Research Paper
16		4.11			
17		6.04			
18		6.05			
19		7.05			
20		10.01	What are the proper care, treatment, and rehabilitation for injuries to the lower extremity?		
		10.03	How can we prevent lower extremity injury?		

Day	Date	SCS Objectives	Essential Questions	Content	Tasks/Strategies
21					
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26					
27		continued	continued	continued	Continued
28					
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34			What is the muscular, skeletal, and ligamentous anatomy of the thorax/abdomen, spine and head?		
35					
36			How can we recognize various structural deformities and deviations of the thorax/abdomen/spine/head that may predispose an athlete to injury?	Thorax/Abdomen	Concussion Lab
37					Spine Food Model
38		Unit 2 Thorax/Abdomen/Trunk	How can we recognize, assess, and evaluate common acute and chronic injuries to the thorax/abdomen/spine/head?	Spine	3D model for Thorax/Abdomen
39					
40			What are the proper care, treatment, and rehabilitation for injuries to the thorax/abdomen/spine/head?	Head	Texts: Essentials of AT: Ch 20- 22 Principles of AT: Ch 25-27
41					
42					
43					
44			How can we prevent thorax/abdomen/spine/head injury?		

Day	Date	SCS Objectives	Essential Questions	Content	Tasks/Strategies		
45		MIDTERM					
46							
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48							
49							
50		Continued	Continued	Continued	Continued		
51		Unit 3 Upper Extremity					
52							
53							
54							
55							
56						What is the muscular, skeletal, and ligamentous anatomy of the shoulder/elbow/wrist/hand?	
57							
58						How can we recognize various structural deformities and deviations of the shoulder/elbow/wrist/hand that may predispose an athlete to injury?	
59						Shoulder	Upper Extremity 3D Joint Model
60						Elbow	Taping: Elbow, Wrist, Hand, Shoulder Spica
61						Wrist	
62			Texts: Essentials of AT: Ch 18, 19				
63		Hand	Principles of AT: Ch 22-24				
64		What are the proper care, treatment, and rehabilitation for injuries to the shoulder/elbow/wrist/hand?					
65							
66		How can we prevent shoulder/elbow/wrist/hand injury?					
67							

Day	Date	SCS Objectives	Essential Questions	Content	Tasks/Strategies
68		continued	continued	continued	continued
69					
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78		Unit 4 Recertification CPR/AED/FA	What are life threatening and non life-threatening emergencies?	ARC/AHA CPR/AED/FA Skills	CPR/RB Skills Wound Management BBP Skills Splinting
79			How do I handle emergency situations?		Text/Resources: ARC CPR for the Professional Rescuer ARC Community First Aid and Safety AHA Video Series
80			What is CPR?		
81			What skills are needed to provide basic First Aid?		
82			How and when do I use an AED?		
83					
84					
85					
86					
87			Exam Review And Exams		Exam Review And Exams
88					
89					
90					